

## **Cabbage-and-White-Bean Soup with Prosciutto**

Source: Quick from Scratch - Soups and Salads

*Prosciutto beautifully complements cabbage and beans, but in the soup pot its flavor cooks away to nothing. Sprinkle some over each serving instead.*

### **WINE RECOMMENDATION:**

There is a revolution going on in Italian wine, with more choices than ever available from the southern regions of the country. Try a Greco di Tufo, a rich, earthy, nutty white from Campania, for a perfect accompaniment to this rustic soup.

### **INGREDIENTS:**

2 TBS olive oil  
6 fresh or canned plum tomatoes, chopped  
1/2 small head Savoy cabbage (about 3/4 lb), cut into 1" squares (about 5 C)  
2 C canned low-sodium chicken broth or homemade stock  
1 tsp dried rosemary, crumbled  
2 C drained/rinsed canned white beans (preferably cannelloni - from one 19-oz can)  
1/4 lb sliced Prosciutto, chopped  
3 cloves garlic, minced  
1 qt water  
1 1/4 tsp salt

### **DIRECTIONS:**

In large pot, heat oil over moderately low heat - add the garlic + tomatoes – cook 5 minutes, stirring frequently. Add cabbage, water, broth, rosemary + salt - bring to boil - reduce heat and simmer, partially covered, till cabbage is tender (about 20 minutes). Stir in beans - simmer till just warmed through (about 3 minutes). Ladle soup into bowls and sprinkle Prosciutto over the top.

Savoy Cabbage: Beautiful crinkled leaves make Savoy cabbage the most attractive member of the cabbage family. It also has a unique flavor, mellower than other varieties, even a little bit sweet. But you can certainly substitute regular green cabbage here if you prefer.

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Serves 4

**Nutrition Facts:** Calories: 309 Fat: 12g Carbohydrates: 35g Cholesterol: 8mg Sodium: 980mg Protein: 17g Fiber: 8g %Cal. from Fat: 35% %Cal. from Carbs: 45%